


June 2011



MFD Times



E-3

When a man becomes a fireman his greatest act of bravery has been accomplished. What he does after that is all in the line of work. -Edward F. Croker

Congratulations to Newly Certified Members

Most of us have been down the long road of Firefighter I and many of us continued on to receive Firefighter II certifications. It's four months where we lose two nights a week and a bunch of Saturdays. Granted it's not a PhD, but it's still a worthy achievement.

Recently, Firefighter I wrapped up with FF Gary Williams, FF Aaron Jowders and FF Michael Adams all passing the written exam and the practical evolutions. Please forward your congratulations to them as they continue to learn and grow in the fire service.

Additionally, a Firefighter II class is complete with only the practical

evolutions needing to be completed which is happening in June. FF Rush, FF Berry and FF O'Neil have all passed the written exam for their Firefighter II class so please pass congratulations on to them.

Also, FF Crowley and Lt. Marshall have completed and passed their EMT-Basic course recently held by Milford Ambulance. Both will still need to take a computerized written test, a practical skills test as well as a written NH Protocols test before they are official, but anyone having earned their EMT license can appreciate the amount of class and study time needed.

Congratulations to everyone!



Monthly
Pre-Plan

May Run
Statistics

Firefighter
Close Calls

Cyanide
Poisoning

Monthly Pre-Plan: 351 Nashua Street

Here's the scenario:

It's a hazy, hot and humid Saturday afternoon in June when a tone comes in at about 1400 hours. There is no wind but scattered t-storms are forecast.

MACC Base: The tone is for Milford Fire and Milford Ambulance, respond to 351 Nashua Street for smoke coming from the building.

Firefighters:

What are your priorities on the first engine?

Second engine? Ladder? Engine 4?

What are your hazards?

How many people are missing?

Which entrance do you use?

Drivers:

Where should pieces park?

Will we be able to utilize the Ladder?

Where are your nearest hydrants?

Are there power lines overhead?

Officers:

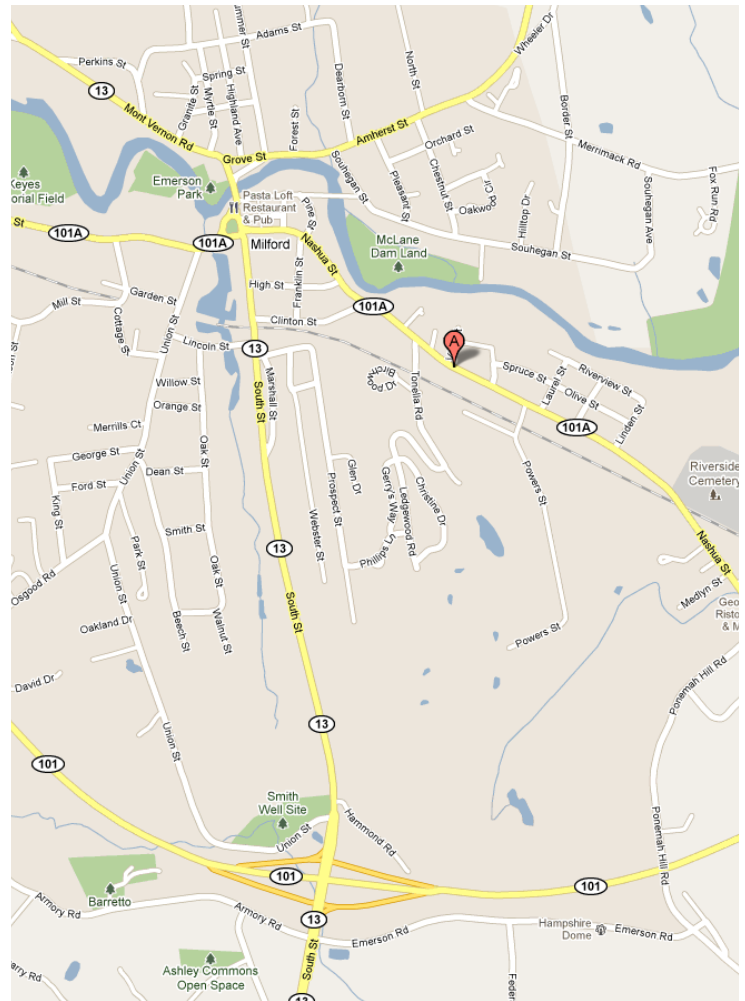
What is your size-up?

Do you need additional resources?

Where is command setting up? Rehab?

Do you have exposure issues?

Is this building residential, retail, both?



JUNE 2011

Important Dates

TRAINING:

Engine 4 & Ladder 1
Wednesday, June 1st - 7-9PM

Engine 1, 2 and 3
Tuesday, June 7th - 7-9PM

Rescue A
Monday, June 20th - 7-9PM

DHART Ground Safety Class
Wednesday, June 22nd - 6-9PM

Pumps
Sunday, June 26th - 8-Noon

Rescue B
Tuesday, June 28th - 7-9PM

MEETINGS:

Officer's Meeting
Thursday, June 30th - 7-9PM

EVENTS:

Safety Fair
Friday, June 3rd - 5-8PM
@ Heron Pond Elementary

Waffle Breakfast
June 12th - 7:30AM-11:00AM

Emergency Service
Memorial Service
June 13th - 7:00PM

Community Day
Saturday, June 18th - 10-2PM
@ St. Mary's Bank

BIRTHDAYS:

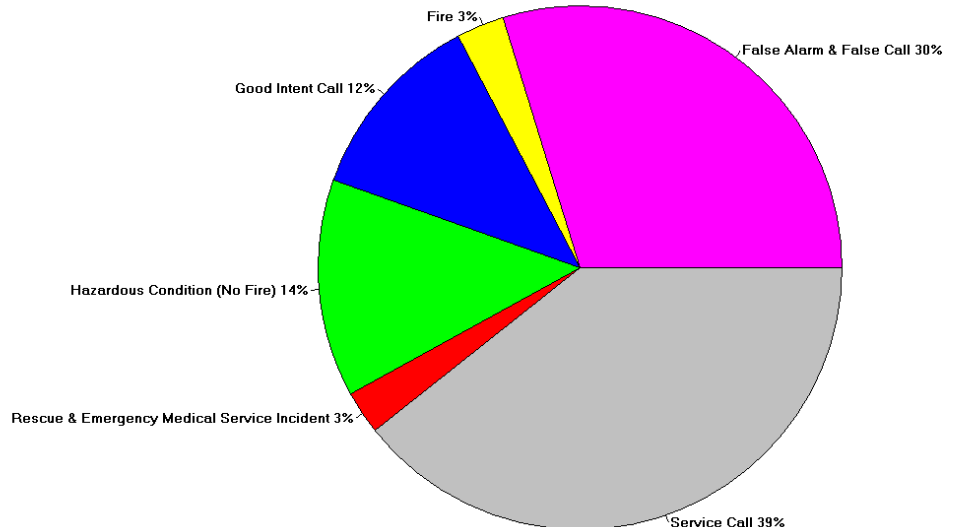
June 2nd - Brian Charest
June 12th - Jack Kelly
June 14th - Tom Crowley
June 22nd - Mike Parkhurst
June 23rd - Bill Kincaid

HOLIDAYS:

June 14th - Flag Day
June 19th - Father's Day

May Run Statistics

Copy of Copy of Incident Type Summary
Alarm Date Between {5/1/2011} And {5/31/2011}



DHART Ground Safety Class

For Dispatchers, EMS Personnel, Fire Fighters and Police Officers that might be involved in helicopter operations. Please reserve your spot with Captain Flaherty as soon as possible.

Date: Wednesday, June 22, 2011

Time: 18:00-21:00

Location: Milford High School, Room 128



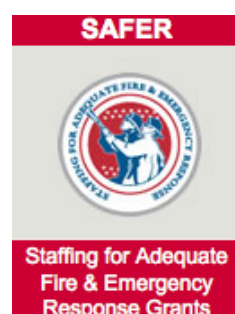
Emergency Service Memorial

The annual Emergency Service Memorial Service will be held on Monday, June 13th at 19:00 at the fire station.

A brief memorial will be held at the fire station with a reading of the names of the respective deceased staff followed by a wreath laying ceremony at Riverside cemetery.



SAFER Grant Awarded to MFD



The Milford Fire Department was recently notified that an \$88,460.00 SAFER Grant has been awarded to the department for the purpose of recruitment.

The Staffing for Adequate Fire and Emergency Response

Grants (SAFER) was created to provide funding directly to fire departments and volunteer firefighter interest organizations in order to help increase the number of trained, "front line" firefighters available in communities.

FirefighterCloseCalls.com

Home of The Secret List



Proper Apparatus Positioning Protects Scenes

Wednesday, January 19, 2011 -

Tower 34 was positioned at a vehicle accident and in the process of picking up and returning to service when it was struck from behind by a car. It is unclear if the driver was under the influence of alcohol but there did not appear to be any skid marks left by the vehicle. The crew could have been struck if the vehicle was not positioned to protect them from traffic.

LESSONS LEARNED:

Officers at these scenes need to make sure the apparatus is positioned to protect the crews while operating at the scene. The pump panel should not be facing traffic in case a hose line needs to be deployed, this will protect the pump operator from oncoming traffic. The Officer also needs to keep situational awareness throughout the scene, looking out for the crews welfare.



Tuesday, January 11, 2011 - South Metro, CO E-36 was recently re-positioned at a motor vehicle collision off the side of an interstate highway. E-36 was being re-located to provide the blocking function for the crews treating the victims of the collision. The Engineer noticed two vehicles sliding towards the incident on a snowy/icy road. The Engineer blasted the air horn to notify the crew of the impending danger. The sliding vehicles, two SUV's struck E-36 and moved it 5 feet. The crews were spared any injury due to the positioning of E-36 and the situation awareness of the Officer and Engineer.

LESSONS LEARNED: The blocking function must be addressed at every collision at an interstate collision and should be considered on busy artery roads/streets. The situation awareness cannot be ignored either.



A Driver is More Than a Chauffeur

As a driver, your responsibilities seem pretty simple, get your crew and your truck to the scene as quickly and as safely as possible. But looking deeper we can see that there's a lot more going on.

As a driver you need to know where your water supply is coming from, where are your attack lines going to enter the building, is there room

for ladders to come off the side of the piece? Where is the ladder truck going to park? Power lines, trees, collapse zones, parked cars, police cruisers; you get the idea.

Even something as simple as a small car accident, how do you park to best protect the scene with the least amount of traffic disruption?

Are you boxing in the ambulance? How much danger is your crew in when accessing cabinets?

If you aren't a driver yet, take note of some of these things when you arrive on scene. Help your driver out by identifying hazards but above all, make sure we all get home after the call.

Cyanide Poisoning a Major Threat During Overhaul

One of the most recent theories currently being evaluated by the International Association of Fire Chiefs is the possibility of cyanide poisoning causing some portion of the cardiac arrests with firefighters.

The primary concern regarding cyanide is its ability to cause fatal health issues with firefighters and the inability or unavailability of assessing for the problem.

The symptoms of cyanide poisoning mimic the signs and symptoms of a myocardial infarction.

Early signs and symptoms of exposure to low concentrations of cyanide include:

- Rapid breathing
- Dizziness
- Weakness
- Nausea/vomiting

- Eye irritation
- Pink or red skin color
- Rapid heart rate
- Perspiration

Later signs of exposure to moderate-high concentrations include:

- Loss of consciousness
- Respiratory arrest
- Cardiac arrest
- Coma
- Seizures

As you can see, early symptoms can masquerade as exhaustion (poor fitness?) or a cardiac event, which are often both attributed to poor



fitness. These secondary symptoms may be misconstrued as a singular event initiated by a myocardial infarction when, in fact, the problem may have been caused by undiagnosed cyanide poisoning.

Cyanide is found in a large variety of household products, and is generally considered to be a natural by-product of when things such as wool, silk and leather burn.

However, when one truly looks at the chemical make-up of the majority of household items, cyanide is part of almost every plastic-based product.

Fire departments need to evaluate post-fire scenes for cyanide as well as carbon monoxide. Even simpler, if post-fire fuels are still off-gassing, SCBAs should be worn!

STRESS: Don't Be Afraid to Communicate

Stress; it is such a small word with such big implications. In our fast-paced culture, we all deal with it in varying levels and degrees, and we all have our own coping mechanisms to keep it under control. In the US, stress and anxiety levels are at unprecedented levels with anti-anxiety medication now one of the top 5 prescribed medications. I want to relay a few tips that have helped me, and may help you lower your stress level.

1. Avoid words and thinking like: everything, nothing, always, never. "Everything has fallen apart". "Nothing ever goes right for me". "It's going to fail, it always does". "I'll never be the same".

Even though it may at times feel like that, start thinking in more here and now - and even more temporary terms. Replace 'everything' with 'only' - "Well, this went wrong, but it is only one thing, the



rest of my life is intact" Replace 'nothing' with 'some' "some things may go wrong, but there is much that has gone right". This can help lessen the impact and help you deal more clearly with the big picture.

2. Get it out! Don't be afraid to communicate - it is not weakness to talk, and bottling those emotions inside just creates pressure that

will burst out at some point - often directed at the very ones we love and need the most. Find someone you trust, someone who will listen, and let them help you carry the burden when it gets heavy. Often an objective vantage point is necessary when we can no longer see the forest because of the trees.

3. Find something to do with your time. The old saying "An idle mind is the devil's workshop" is very true. Sitting and thinking about your problem, creating all kinds of what-if scenarios only fertilizes stress. Why worry about things that very possibly will never happen? Take up or get back to a hobby or activity that will get you enjoying life instead of worrying about it.

Be safe!

In Service, Gary

Island Pork Tenderloin

This recipe is derived from a Gourmet magazine recipe from the May 2003 issue (Island Pork Tenderloin Salad). We say, screw the salad, let's get down to business. America!

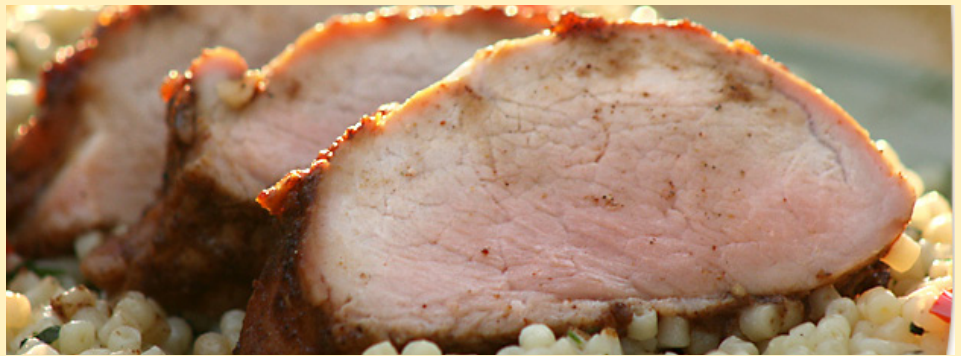
This pork tenderloin is a little more work than the average grilled tenderloin, but the flavor is well worth it.

For the Pork:

- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon cinnamon
- 2 pork tenderloins (2 1/4 to 2 1/2 lb)

For the Glaze:

- 1 cup packed dark brown sugar
- 2 tablespoons finely chopped garlic
- 1 tablespoon Tabasco



Directions:

Preheat and prep grill for indirect cooking at 350° F. Stir together salt, pepper, cumin, chili powder, and cinnamon, then coat pork with spice rub.

Sear the tenderloins over the portion of your grill receiving direct heat on all sides 1-2 minutes or until you reach a proper sear.

Stir together brown sugar, garlic, and Tabasco and pat onto top of each tenderloin. Roast over indirect heat until thermometer inserted diagonally in center of each tenderloin registers 140°F, about 15-20 minutes.

Remove pork and let stand, covered, at room temperature 10 minutes. (Temperature will rise to about 155°F while standing.)

A Little MFD History

On April 10, 1960 at 16:08 a call came in for a structure fire at the Curtis Farm on Union Street.



WAFFLE BREAKFAST

7:30AM-11:00AM
at the Fire Station



**Next Breakfast
JUNE 12, 2011**

**\$5.00 per person
(kids under 5 eat free)**

Proceeds benefit the Milford Fireman's Relief Association.
Donations are welcome.



Waffle Breakfast Photos - May 8, 2011



June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Capt. French Lt. Solan		1 E4, L1 Company Training 7-9pm Citizens Fire Academy 7-9pm	2 Brian Charest B-day	3 Safety Fair Heron Pond Elementary 17:00-20:00	4
5	6 Dep. Carter Lt. Chappell	7 E1,E2,E3 Company Training 7-9pm	8 Citizens Fire Academy 7-9pm	9	10	11 On Call Fire Drills: 6am-730am The Elms Crestwood Ledgewood Pillsbury Home
12 7:30-11 am WAFFLE BREAKFAST Jack Kelly B-day	13 Dep. Britton Lt. Pervere Chief Kelly 1st day In the Office! Emergency Service Memorial Service at 19:00	14 FLAG DAY Tom Crowley B-day	15 Employee Luncheon Town Hall 12-2pm Citizens Fire Academy 7-9pm	16	17	18 10:00am-2pm Community Day St.Mary's Bank
19 Father's Day	20 Capt. Cobb Lt. Marshall Rescue A Training 7-9pm	21 June Solstice	22 DHART Ground Safety Class 6-9pm Mike Parkhurst B-day	23 Bill Kincaid B-day	24	25
26	27 C1 Kelly Capt. Balcom Lt.Shepard	28 Rescue B Training 7-9pm	29	30 Officers Meeting 7-9pm		
Notes WELCOME CHIEF KELLY!!!!						